

# If you have a newborn in your house...



## You need flu vaccine.

Babies under 6 months old can't get immunized against the flu. They need **you** to be protected.

Even if you are not able to find a flu shot this year, you and your family may be able to get nasal-spray vaccine (FluMist®) instead. Check with your local pharmacy, health department, or doctor about this option.

Flu vaccine is the best way to protect your family from the flu. And that will protect your baby.

*\*FluMist® can only be given to healthy people 5-49 years of age, who are not pregnant. To find nasal-spray flu vaccine in your area, go to **www.FindFluVaccine.org**. For more information on the flu, go to **www.dhs.ca.gov**.*

